

Listening with TING

Listening deeply and thoroughly is fundamental to effective dialogue. TING is a Chinese word for listening. In written form it is composed of several parts, each of which can be a word in itself. These words, which are essential to deep and thorough listening, are ears, mind, eyes and heart.

Listen with your ears

To hear the word, the tone and the pitch

Listen with your mind

To understand, to analyze and to broaden perspective

Listen with your eyes

To see the facial expression, to read the body language, and to look at the “window of the soul”

Listen to your heart

To feel the emotions, to empathize, to respond

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Conversation by Sally Huang Nissen*